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Tips for Sensitive Stomach

Diet Journal

- Track foods, log activity,

Tips Beneficial for Diarrhea

- Florastor is most effect pro-biotic, 1xday
- Banana, white rice, rice crackers, white meat chicken (1+servings per day)

Tips Beneficial for Constipation

- 5+ glasses of water
- Apple, berries, carrots, celery, kiwis, oatmeal, papayas, peas, mangoes, prunes, prune juice, raisins, snap peas (3+ servings per day, whole, not in blender)

Key Points

- Comply for 6 weeks to the foods you should avoid
- Just because others tolerate, doesn't mean you will
- Exercise, yoga, stretch to aid digestion (sedentary outside will mean sedentary inside)
- All probiotics (except Florastor) commonly cause bloating
- Cooked foods go down easier
- Chew food well
- Most cheese cause bloating
- Most beans cause bloating
- Avoid anything carbonated (sodas, selzter, beers...)
- Avoid all artificial sweeteners
- Avoid fried foods
- Avoid greasy foods